

# WINGSPREAD

Randolph Air Force Base ♦ Texas

60th Year ♦ No. 31 ♦ August 4, 2006

## Air apparent



Air Education and Training Command Computer System Squadron's Bobby Padilla (middle) and Eric Blackwell (left) jump up to block the Fire Department's Michael Gongora, as he grabs the rebound, during a 3-on-3 basketball tournament Wednesday at the fitness center. AETC/CSS defeated the 12th Security Forces Squadron 15-12 in the final game of the double elimination tournament for the championship title. (Photo by Don Lindsey)

## New Airmen's card available today

By Staff Sgt. Lindsey Maurice  
Wingspread editor

Randolph Airmen now have a new resource tool to help them during and upon returning from deployment.

Called the "Airman's Blue Card," the wallet sized guide includes helpful tips for answering questions about the Global War on Terror and deployment experiences.

"The most credible and successful way to tell the Air Force story is through the voices of our great Airmen," said Brig. Gen. Erwin Lessel, Air Force director of communications, Office of the Secretary of the Air Force. "Those returning from deployed operations or supporting the war on terror from home have great credibility and great stories to tell.

"The intent of this card is not only to allow personnel to share their successful stories upon returning home, but also serves as a reminder that Airmen need to think about Operational Security prior to addressing the media, family, friends and civics groups."

Cards will be available to military members processing through the mobility line Wednesdays at Building 52 as well as to those members processing through the Tuesday and Friday redeployment lines.

"The 'Airmen's Card' is a great idea and tool," said Capt. Farrah Schluter, 12th Flying Training Wing assistant installation deployment officer. "It's a reminder that people will ask questions, giving Airmen time to prepare and think about what they want to say before they are put on the spot.

"We've distributed this information to Team Randolph unit deployment managers who will ensure our deploying Airmen receive it."

Those Airmen who are not tasked to deploy in the near future but would still like a card, can pick one up at the 12th Flying Training Wing Public Affairs office, located in the west basement of the "Taj Mahal," Building 100.

Public Affairs officials ask Airmen to contact their local office before speaking publicly on behalf of the Air Force.



### Talking About Your Deployment – Remember...

- ★ You represent the Air Force, its values, and image. Be honest, candid, and stay within your area of expertise.
- ★ Do not discuss classified information or anything that might jeopardize the safety of our people or programs.
- ★ Talk about your contributions to the fight, what it's like to live/work in a war zone, your deployment training, base programs to support your family, adapting to a foreign culture and climate and how you kept in touch.
- ★ Emphasize that this is a real Total Force and joint mission. The Active Duty AF, AF Reserve, Air National Guard and the other Services are all working together to support the war effort.
- ★ **Bottomline:** Anticipate questions and think about your answers. How you respond speaks volumes about the Air Force, your mission and you.



### Information You May Find Helpful!

- ★ The US Air Force has been continuously engaged in combat operations for the last 15 years. Our first priority now is to use that experience and win the Global War on Terror (GWOT).
- ★ Today's Airmen support the GWOT with combat air and airlift/air refueling missions, life-saving medical treatment, direct support to ground forces "outside the fence," and reachback support from the AOR at home, e.g. UAVs.
- ★ Remotely piloted aircraft (UAVs) give us an incredible intel edge. They find the enemy and strike at a moment's notice.
- ★ AF satellites give us real-time, worldwide, 24/7 navigation, communication, surveillance capabilities.
- ★ By fighting the enemy on its turf, America's Airmen keep our country secure.

**Questions: Call your local public affairs office.**  
Contact your PA office if you have some unique stories or would like to talk with local groups.



## Base water restrictions clarified

Base residents who received a letter in the mail from Universal City regarding water restrictions should disregard the information.

According to Randolph base officials, there are no uniform water conservation guidelines throughout the region; each jurisdiction or water purveyor establishes their own limits.

Randolph Air Force Base has its own specific guidelines. The base conservation program was established within parameters of the San Antonio Military Water Working Group in partnership with the U.S. Fish and Wildlife Service.

Under the current Stage I condition,

### Edwards Aquifer Level

Stage 1 restrictions  
657.5 feet

Current  
649.1 feet

Stage 2 restrictions  
647 feet

landscape watering is allowed on base twice per week between 6 p.m. and 10 a.m. Even-numbered addresses can water on Saturdays and Tuesdays. Odd-numbered addresses can water on Sundays and Wednesdays.

### NEWS



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### COMMUNITY



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AFPC colonel bikes with the courageous ...

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### AIR AND SPACE EXPEDITIONARY FORCE

As of Monday, 109 Team Randolph members are deployed in support of military operations around the globe.



# Commander's Action Line

Call 652-5149 or e-mail  
randolph.actionline@randolph.af.mil



While our goal is to provide the best programs, products and services to our customers, there will be instances when people believe we could have served them better. In those cases, I ask the individual to first contact the responsible organization to allow the unit commander or manager an opportunity to ensure professional and impartial treatment.

When those officials are unable to provide satisfaction, the individual may contact me through the Action Line. I will ensure each Action Line call is looked into and a reply is given by telephone or in writing. I ask callers to include their name and telephone number so we may send a personal response.

**Col. Richard Clark**  
12th Flying Training Wing commander

## Agency Contact Numbers

Base Exchange	674-8917
Civil Engineers	652-2401
Civilian Pay	652-6480
Commissary	652-5102
EEO Complaints	652-3749
Equal Opportunity	652-4376
Family Support Center	652-5321
FW&A Hotline	652-3665
Housing Maintenance	652-1856
Inspector General	652-2727
Legal Office	652-6781
Military Pay	652-1851
Randolph Clinic	652-2933
Safety Office	652-2224
Security Forces	652-5509
Services	652-5971
Sexual Assault	
Response Coordinator	652-8787
Transportation	652-4314



## "Zero Fatalities"

**See and Be Seen**  
All motorcyclists on Randolph must wear a brightly colored or contrasting vest or jacket as an upper garment during the day. During hours of limited visibility the garment must be reflective.

## DUI UPDATE

**Team Randolph's last DUI was March 18, 2006**

# Letter to Airmen: Diversity and the AF

By Michael Wynne  
Secretary of the Air Force and  
**Gen. Michael Moseley**  
Air Force Chief of Staff

Today's Air Force is composed of America's finest men and women. From all walks of life—rural farms, inner cities, and every place in-between—young Americans are drawn to the call of Integrity, Service and Excellence. We celebrate this diversity, recognizing that such a mix of experience leads to a breadth of perspective and broader horizons, and ultimately innovative new ways to maximize our combat capabilities for the Joint Team.

Harnessing such magnificent differences into an effective, coherent team takes solid leadership, quality training and a conscious effort toward mutual respect on all our parts. Tolerating harassment of any type is no different than committing the offense. As we become a leaner, more lethal force, we simply have no place for such criminal or divisive behavior.

We are all Airmen, and under enemy fire the race, religion, sex or geographic origin of the Airman fighting next to us is irrelevant. We expect you to exhibit a similar whole-hearted respect toward your fellow Airmen – your Wingmen – wherever you work today.

The United States' first national motto, "E pluribus unum," means "out of many, one." Initially, the motto referred to the formation of our great Nation from the thirteen colonies. It



Michael Wynne



Gen. Michael Moseley

*"We are all Airmen, and under enemy fire the race, religion, sex or geographic origin of the Airman fighting next to us is irrelevant."*

subsequently took on new meaning as people from all over the globe immigrated here, making the U.S. a multicultural "melting pot." Today, that phrase reminds us that we're in this fight together. Let's make sure the efforts and innovations of all Airmen are welcomed and appreciated. Your Nation demands no less.

# Excellence in all we do

## More than a slogan... an attitude!

By Lt. Col. Pete D'Amico  
559th Flying Training Squadron commander



Many years ago, upon returning to Air Education and Training Command as a new T-37 instructor pilot, I was taken aback by the level of minutia being studied by the first and second lieutenant first assignment instructor pilots.

Things as inconsequential as the number of rings on the T-37 trim switch or the number of holes in the aircraft's static port seemed important to these young aviators. After several months on the line, I finally asked one of the young lieutenants why he spent so much time on seemingly trivial things.

He quickly answered, "Because no one is going to know more about this airplane than me."

Although the knowledge may be relatively unimportant, the attitude these young officers displayed is a lesson to us all.

Excellence in all we do is not just a motto or slogan, nor does it apply only to the big things. It is an attitude; a state of mind that forces us to constantly strive to improve ourselves, our operations and our Air Force.

Colin Powell once said, "If you are going to achieve excellence in big things, you develop the habit in little matters. Excellence is not an exception, it is a prevailing attitude."

With increased operations tempo and continuing force reductions, the future challenges of the Air Force will affect us all. Many of us will be asked to perform duties and responsibilities traditionally accomplished by someone else.

We must constantly be vigilant, always seeking ways to improve so that these additional tasks can be accomplished even more efficiently, leaving us the required time and energy to focus on our primary roles, whether they are flying and fixing aircraft or providing the myriad of support requirements necessary to accomplish the mission of the 12th Flying Training Wing.

I learned a lot from that one FAIP many years ago. When I fly with PIT trainees here at Randolph, I often ask them what may seem on the surface to be silly questions such as "How many holes are in the static port?" or "How many rings are on the trim switch?"

Invariably, the trainees cannot answer the question, which is my opportunity to relay my story and the meaning behind it. Hopefully it can influence the next generation to carry the attitude of "excellence in all we do."

## WINGSPREAD

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Editorial content is edited, prepared and provided by the Public Affairs Division of the 12th Flying Training Wing in accordance with local policy and style guidance. All photos, unless otherwise indicated, are U.S. Air Force photos.

Articles for the newspaper should be submitted by noon Thursday the week prior to the desired publication date. Items can be dropped off on a PC- or Macintosh-formatted disk at the Wingspread office in room 110 of Building 100.

Articles may also be sent by e-mail to [wingspread@randolph.af.mil](mailto:wingspread@randolph.af.mil) or by fax at 652-5412. For more information about submissions, call 652-5760.

# Medical Group welcomes new commander

By Bob Hieronymus  
Wingspread staff writer

The 12th Medical Group welcomed its new commander July 28 during a special ceremony at the enlisted club. Col. Paul Bennett, who comes to Randolph from an assignment as the Air Force Inspection Agency medical inspector and team chief at Kirtland Air Force Base, N.M., took the reigns from Col. June Gavron.



Col. Paul Bennett

During the ceremony, the new commander said he was both humbled and honored to assume command of such a professional unit.

"The staff here at the clinic has already shown me their extreme sense of vision and non-stop courtesy," he said. "My goal is that the Group continue to provide outstanding medical care to all our beneficiaries, whether in wartime or peacetime situations."

Colonel Bennett began his military career in 1968 when he enlisted in the Army. He served two tours in Vietnam and worked as a military police investigator during his five years in the Army.

He then used the GI Bill to begin his medical career in nursing, specifically in the area of mental health. He began his Air Force career as a second lieutenant in 1982.

Serving as a member of the combat stress team that worked with survivors of the Khobar Towers bombing incident in Saudi Arabia in 1996 was among his more memorable assignments, said the colonel.

He was also the first Department of Defense nurse to serve as a United Nations military observer in the nation of Western Sahara, Africa. In that capacity, he worked in a non-medical capacity as both the J2 and J3, which means he was involved in the operational planning and scheduling of more than 600 military support sorties during his six-month tour there. The colonel is also a trained hostage negotiator and has worked on several domestic crisis cases where those skills were necessary.



**FAST**  
**FACTS**

The 12th Medical Group operates the largest clinic in Air Education and Training Command. Clinic staff members provide comprehensive medical and dental care, physiological training, disaster response, health promotion and occupational public health support to the 12th Flying Training Wing, Randolph associate units and a beneficiary population of more than 40,000.

The 12th MDG is comprised of three squadrons: 12th Medical Support Squadron, 12th Medical Operations Squadron and the 12th Aeromedical-Dental Squadron.

The 12th MDSS provides laboratory, pharmacy, radiology services, resource management, TRICARE, medical logistics and unit personnel services in support of the medical group and beneficiary population.

The 12th MDOS provides a full array of specialties that include pediatrics, women's healthcare, behavioral health services, family care and physical therapy, in addition to operating the central appointment and medical records sections.

The 12th ADS ensures operational medical support, dental and optometric care to more than 4,700 warfighters. The unit provides medical care to more than 1,200 aviators and special duty operational personnel and their families. Squadron members train aircrew to enhance in-flight performance and survival.



Capt. Stephanie Cicero



**Unit:** 12th Medical Group  
**Duty Title:** Group practice manager  
**Hometown:** Chicago  
**Hobbies:** Home renovation projects, reading and playing with my puppies  
**Goals:** I would like to raise a family and attend medical school.  
**Greatest Accomplishment:** Facing my fears and graduating from the Air Force Academy  
**Personal Inspiration:** Starbucks  
**Personal Motto:** "The penalty that good men pay for not being interested in politics is to be governed by men worse than themselves." -Plato

**Pet Peeve:** Chocolate Cake  
**Commander's Comments:** "In addition to Captain Cicero's normal duties as one of two Group Practice Managers, without hesitation she stepped up to the difficult and very complex task to develop the 12 MDG's FY07 Business Plan. The plan established goals for enrollment, pharmacy expense, accounting for cost, and encounter production with associated value for the type of care provided to our beneficiary population. The result was an approved plan with outstanding results."

Lt. Col. John Graves  
12th Medical Support Squadron

To submit a junior officer, enlisted member or civilian employee for the Showplace Showcase column, commanders can send an e-mail to Staff Sgt. Lindsey Maurice at lindsey.maurice@randolph.af.mil. or call 652-5760 for details.

# Heart Link orients spouses new to military, Randolph

By Staff Sgt. Lindsey Maurice  
Wingspread editor

Military spouses who are new to the military or recently arrived at Randolph from another base are invited to attend a special event Aug. 24 from 8:30 a.m. to 2 p.m. in Building 693 to help make their transition a little easier.

Heart Link, which is conducted by the Randolph Family Support Center, includes presentations from various base agencies and the opportunity for participants to meet other spouses.

"Air Force spouses are the heart of the Air Force team and we realize that moving to a new base is stressful," said Chris Morrow, FSC community readiness consultant. "Heart Link provides an opportunity for spouses to learn valuable information from agencies on base in addition to interacting with one another to build a network of friendships."

Some of the organizations attending the event include the 12th Services Division, finance and TRICARE.

During Heart Link, participants are treated to breakfast and lunch and have the opportunity to participate in interactive games and win door prizes.

"We try to make Heart Link as informative and fun as possible," said Ms Morrow. "The objective is to enhance mission readiness by strengthening military families."

Participants with children can receive free child care during the seminar. To make a child care appointment, call the family child care program office at 652-3668 and mention Heart Link. Parents should reserve the service early, as there are a limited number of slots available.

To sign up or for more information on Heart Link, call Ms. Morrow at 652-5321, ext. 236. The deadline to sign up is Aug. 21.



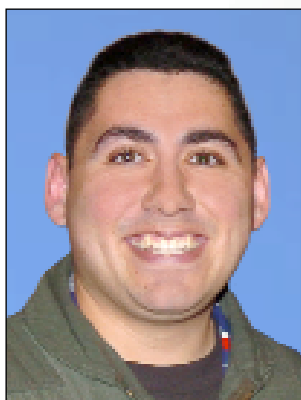
# Excellence abounds

## Team Randolph quarterly award winners announced

### CGO of the Quarter

Capt. Francisco Rivera was named the Team Randolph Company Grade Officer of the Quarter. As the 12th Flying Training Wing inspections chief, Captain Rivera trained 12 new inspection monitors and coordinated wing-wide self-inspection efforts to sustain the wing's capabilities. The captain was recognized by the 12th FTW commander for his Air Force Inspector General visit briefing. Captain Rivera was also hand-picked to serve as the acting wing executive officer during periods of lower manning.

Captain Rivera additionally served as Team Randolph's Combined Federal Campaign loaned executive officer. The captain finished the Air Command and Staff College by correspondence in less than a year and completed a master's program in engineering systems management.



**Capt. Francisco Rivera**

### Senior NCO of the Quarter

Senior Master Sgt. Amy Rancier of the Air Education and Training Command was recognized as the Team Randolph Senior NCO of the Quarter. As the AETC Command and Control section superintendent, Sergeant Rancier led 175 command post controllers in their duties. She was praised for training crisis action team members on command and control procedures. Sergeant Rancier also implemented an Air Force readiness assessment input tool that quickly trained members of the command, ensuring 100 percent compliance. Sergeant Rancier also finished her last nine semester hours to earn her bachelor's degree.

Sergeant Rancier is the AETC Top 3 vice president, Randolph Black Cultural Awareness Association president and Air Force Sergeants Association Chapter 1075 secretary.



**Master Sgt. Amy Rancier**

### NCO of the Quarter

Tech. Sgt. Adrian Saenz of the 12th Communications Squadron is the Team Randolph NCO of the Quarter. As a network management technician, Sergeant Saenz installed systems at seven classified network sites in-house, saving the Air Force \$20,000 and upgrades for more than 500 users.

He engineered \$250,000 in network upgrades to support 23 locations, which improved speed up by 100 percent. Sergeant Saenz was also lauded for installing 24 encryption unit upgrades improving reliability for 22 squadrons and 150 users.

Academically, Sergeant Saenz was recognized with the distinguished graduate award at his career field's seven-level course. In his free time, he helped set up and host a basketball tournament for 723 students and assisted in a Habitat for Humanity project.



**Tech. Sgt. Adrian Saenz**

### Airman of the Quarter

Airman 1st Class Valerie Montgomery of the 12th Aeromedical-Dental Squadron is the Team Randolph Junior Enlisted Member of the Quarter. As one of four certified surgical dental technicians, Airman Montgomery participated in eight surgeries helping decrease the number of off-base referrals. She also fabricated 30 preventative sports mouth guards and created patient oral surgery kits with vital post operation hygiene instructions and supplies. Airman Montgomery earned nine semester hours toward her Community College of the Air Force degree.

In her spare time, she mentored 25 girl scouts, volunteering more than 50 hours with the troop. She also participated in the Randolph Fam-a-ganza, taking thumb impressions and preparing casts for 250 children to increase identification methods. She was recognized with the Randolph American Legion Spirit of Service Award for her volunteer efforts.



**Airman 1st Class Valerie Montgomery**

### Honor Guard NCO of the Quarter

Staff Sgt. Lissette Booker of the Air Education and Training Command was selected as the Team Randolph Honor Guard NCO of the Quarter. As a B Flight NCO, Sergeant Booker flawlessly performed military honors in 17 funeral ceremonies and executed two color guard details. She was also hand picked to be a member of the sword cordon during a Republic of Korea three-star general visit. Sergeant Booker was requested by-name to participate in three retirement ceremonies due to her professionalism and expertise.

She also enrolled in her final class needed to earn her Community College of the Air Force degree in health services management.

In her spare time, she volunteered at the Child Development Center Parent Advisory Council book fair helping to raise funds for care giver week.



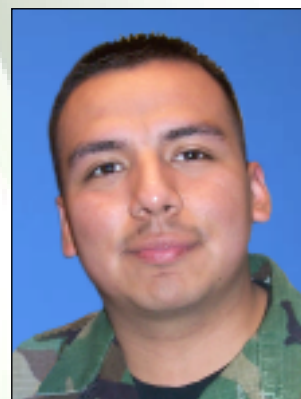
**Staff Sgt. Lissette Booker**

### Honor Guard Airman of the Quarter

Senior Airman Abel Padilla-Loredo of the 12th Aeromedical-Dental Squadron is the Team Randolph Honor Guard Junior Enlisted Member of the Quarter. As a member of C Flight, he performed military honors at funerals for 23 retirees, seven veterans and two active duty members.

He also trained 12th ADS members on color guard duties and how to perform a flag folding presentation for the squadron commander's retirement ceremony. Airman Padilla-Loredo was recognized for participating in the joint forces color guard at the opening ceremony of San Antonio's Fiesta 2007 as well as the three-mile Fiesta Parade closing ceremony.

In his spare time, Airman Padilla-Loredo volunteered at the San Antonio Food Bank, where he sorted and boxed more than 500 pounds of goods. He also participated in his unit's sports program as the bowling league coach and assistant softball coach.



**Senior Airman Abel Padilla-Loredo**

### Junior Civilian of the Quarter

Lawrence Noggle of the Air Force Personnel Center was named the Team Randolph Category I Civilian of the Quarter. As a records service technician, Mr. Noggle answered 2,000 freedom of information act and privacy act requests on verification of employment, missing gaps in records and derogatory information checks.

He was also praised for processing six months of back-logged veterans' assistance requests in two months providing crucial service information required to finalize veteran requests for benefits. Mr. Noggle also managed and distributed all of his office's incoming mail, which averages around 700 pieces a month.

In his off duty time, Mr. Noggle is taking courses at the University of Texas at San Antonio, majoring in physics.



**Lawrence Noggle III**

### Intermediate Civilian of the Quarter

Jeffrey Schultz of the 12th Maintenance Directorate is the Team Randolph Category II Civilian of the Quarter. As a powered support systems mechanic, Mr. Schultz assembled more than 1,200 aircraft tires valued at about \$318,000.

He also maintained a reliable centralized aircraft support system, under which more than 2,900 sorties were successfully launched without late takeoffs or aborts attributed to support equipment failure. Mr. Schultz was also recognized for coordinating the removal of an outdated CASS and streamlining construction of a new \$196,000 system to support incoming AT-38 aircraft to Randolph.

In his spare time, Mr. Schultz is an active member of the local Veterans of Foreign Wars post. He also spearheads neighborhood drives to collect items for various charitable groups.



**Jeffrey Schultz**

### Senior Civilian of the Quarter

Travis Davis of the 12th Operations Support Squadron is the Team Randolph Category III Civilian of the Quarter. As an air traffic control specialist, Mr. Davis alerted a Navy C-12 pilot that his landing gear was not extended before landing, cleared a saturated flight path for a disoriented T-6 pilot aligned to the wrong runway and rerouted eight aircraft to allow life-saving transport passage after a vehicle collision.

Mr. Travis reconfigured 146 voice switch circuits correcting a two-year problem of unsafe interference on tower frequencies. During this time, Mr. Travis also mentored two civilian hires and a fourth year Air Force cadet. He is only the second controller to date to earn an "extremely qualified" rating on all three annual Federal Aviation Administration evaluations.



**Travis Ward**



## Garden spot

Second Lt. Rebecca Byers, 562nd Flying Training Squadron, lays sod in the front yard of a Habitat For Humanity home July 28. Twenty-six students and staff accomplished two day's worth of work putting the finishing touches on two houses in the San Antonio Palo Alto subdivision. Habitat homes are built in seven-day construction marathons of volunteer builders alongside the soon-to-be home owners who otherwise could not afford to buy their own homes. (562nd FTS photo)



## MONEY MATTERS

# Family support center offers five-part credit seminar

By Staff Sgt. Lindsey Maurice  
Wingspread editor

The family support center, in conjunction with Randolph Brooks Federal Credit Union, offers a five-part "Credit When Credit is Due" seminar starting Tuesday.

The class, which runs from 5:30-7:30 p.m. Tuesday, Aug. 15, 22, 29 and Sept. 4 at the FSC, teaches attendees how to enhance their credit management skills.

"This seminar is great for people who need more information about credit, whether they need help establishing it, attempting to rebuild it, or wanting to acquire skills to help them manage it efficiently," said Steve Mayfield, FSC personal finance manager. "This seminar provides information that is useful to everyone, from junior enlisted members to colonels to spouses and teenagers. Credit management is an integral aspect of life in our society."

During the class, students learn about financial decision-making, establishing and rebuilding credit, auto loans and leases, mortgage loans, bankruptcy and understanding the credit process.

Tech. Sgt. Amye Kissinger of the Air Education and Training Command said she really enjoyed the class

*"Not only was (taking the class) a good way to cement my credit... but I learned a lot of useful information in regards to retirement planning, how to purchase a house, purchase a car and save for my daughter to go to college. I wish I had taken this class when I first came in the Air Force."*

**Tech. Sgt. Amye Kissinger**  
*Air Education and Training Command*

when she attended it earlier this year.

"I had some financial setbacks early on in my career, so when I heard about the class I jumped at the opportunity," she said. "Not only was it a good way to cement my credit – adding positive remarks to my credit report, but I learned a lot of useful information in regards to retirement planning, how to purchase a house, purchase a car and save for my daughter to go to college. It taught me so much and reinforced things

I'm doing right now. I'm also proud to say I have no more credit card debt."

Sergeant Kissinger said anyone can benefit from the class, but junior ranking members should especially consider signing up for it.

"I wish I had taken this class when I first came in the Air Force," she said. "It just has so much good and pertinent information young people need to know. The best advice I can give to people is don't try to keep up with the Joneses – they're probably in debt up to their ears!"

Students who successfully complete all five sessions are registered into a national database and sent a registration card identifying them to lenders as graduates of a national and standardized credit education program, said Mr. Mayfield.

Attendees receive three cards addressed to major credit bureaus allowing them to add a positive statement to their credit reports.

The class is open to anyone on base. The cost is \$50, but RBFCU will pay the entire fee for all credit union members and half of the cost for all others. Those interested in taking the class must pay a \$10 registration fee in advance. The fee is refunded to those who complete the course.

To sign up or for more information, call 652-5321.

## NEWS BRIEFS

### Youth school, sports physicals

The Randolph Clinic offers sports and school physicals Aug. 15 between noon and 4 p.m. by appointment only for children ages 7-18 years old who are enrolled in the clinic.

Children who have asthma or a seizure-related condition must have been evaluated by their primary care manager within the past six months in order to be able to accomplish the physical. The examination lasts approximately one hour, as children progress through several stations. Appointments will be staggered.

A parent or legal guardian must accompany their child for the entire exam. Children should wear a T-shirt and shorts and bring their glasses or contact lenses with them if applicable. Parents should bring their child's completed school or sports form and shot records to the appointment.

To schedule an appointment, call 916-9900 or go online to [www.tricareonline.com](http://www.tricareonline.com).

### Pediatric dental screenings

The Pediatric Dental Department at Lackland Air Force Base provides drop-in dental screenings as part of its pediatric dental training program.

Dental screenings are available for all eligible military medical beneficiaries under age 13 Wednesday and Aug. 23 from 8-11 a.m. at the Lackland Sky Lark Community Center, Building 6576. No appointment is necessary.

Parents should bring a copy of their child's

treatment plan, or referral letter from their private dentist.

For more information, call Staff Sgt. Monica Williams at 292-4072.

### Randolph Retirees

Congratulations to the following retirees:

- Senior Master Sgt. Tony Williams, Air Education and Training Command
- Master Sgt. Gary Billington, Air Force Occupational Measurement Squadron
- Master Sgt. Timothy Walters, AETC

### 12th LRG minimal manning

The 12th Logistics Readiness Division will be minimally manned Thursday from 10:30 a.m. to 4 p.m.

Vehicle dispatch and other essential operations will be manned as required. For emergencies, call 652-3307.

### Student reduced price meals

Randolph Independent School District officials remind parents that their children may be eligible for free or reduced price breakfasts and lunches.

Children may receive free meals if they live in households receiving food stamps, are participants in the Temporary Assistance for Needy Families program or are foster children. Children may also qualify if their household income is within the limits on the current federal income chart. Parents can pick

up an application at their child's school.

For details, call Cynthia Goldberg at 357-2465.

### W-2 forms for 2006

Air Force officials recently announced that hard copies of W-2 forms will no longer be sent out. The forms are available only through the MyPay Web site from where members may print out copies as needed. Members not yet using MyPay are encouraged to establish an access PIN number.

The MyPay Web site is located at <https://mypay.dfas.mil/mypay>.

### Randolph Chiefs' Group meeting

The Randolph Chiefs' Group meets today at 3 p.m. in the enlisted club.

For more information, call Chief Master Sgt. John Osborne at 565-0553.

### ASMC service day

The American Society of Military Comptrollers hosts its Community Service Sweat Event Aug. 12 from 9 a.m. to noon at the Sunshine Plaza apartments.

Anyone is welcome to bring cleaning supplies and join the association members as they do light cleaning for senior citizens living in the apartment complex. School students who help out can receive up to three hours of community service.

For more information, call Ada Fromuth, 652-4861.



# Air Force sharpshooters train at Fort Bliss

By Luke Elliott  
Fort Bliss Public Affairs

FORT BLISS, Texas (AETCNS) — The word sniper brings many things to mind, such as Marines, Army scouts or even Tom Berenger as Thomas Beckett in the Hollywood movie, "Sniper." One thing it might not bring to mind is the U.S. Air Force or, more specifically, the Texas Air National Guard.

Perhaps it should, now that the Texas Air National Guard's 204th Security Forces Squadron, based at Biggs Army Airfield, has established a new capability known as sharpshooters, the Air Force version of snipers.

Senior Airman Jose Felix, 204th SFS sharpshooter, said it surprised him to learn that the Texas Air National Guard has snipers or sharpshooters.

"I was pretty surprised when the opportunity arose to join the team, especially since it's in the fundamental stages," said Airman Felix, a former infantryman with the 10th Mountain Division who has been on the squadron sharpshooter team for about a year. "I wanted to be part of an elite team that can make a difference out there."

In 2005, the 81 mm mortar system went away, and the squadron moved some of the mortar slots to the .50-caliber machine gun and Mk 19 grenade launcher teams and used the remaining slots to form the sharpshooter teams, said Chief Master Sgt. Mark Lindell of the 204th SFS.

"It (sharpshooting) is another defensive capability we can bring to the fight," Chief Lindell said. "You can just see the enthusiasm our sharpshooters have for it."

Enthusiasm may seem a bit of an understatement to someone listening to sharpshooter Tech. Sgt. Robert Johnson, lead NCO for the 204th SFS sharpshooter teams, as he speaks passionately about his profession.

"Our mission is to deliver long-range, precision



**Air Force sharpshooters Tech. Sgt. Robert Johnson (left) and Senior Airman Jose Felix, both with the Texas Air National Guard's 204th Security Forces Squadron, based at Biggs Army Airfield, lay waiting as part of a recent demonstration for Maj. Gen. Charles Rodriguez, Adjutant General of Texas. (U.S. Army photo by Luke Elliott)**

rifle fire; enhanced observation and reporting in support of airbase defense and continuous airfield operations," Sergeant Johnson, a former Marine Corps infantryman who volunteered for the squadron's sharpshooter team, recited verbatim from memory.

Sergeant Johnson said that, of all the skills in the military, he believes a sharpshooter's is the most perishable.

"You always have to keep training," Sergeant Johnson said.

To keep their skills honed, squadron sharpshooters use both military and civilian police training.

"There's a big difference between military sharpshooters and civilian police snipers," said Sergeant Johnson, who indicated that military sharpshooters engage targets at about 1,000 yards, while the average police sniper engages targets at

about 70 yards. "We are forced to learn and embrace and be proficient in both worlds."

Sergeant Johnson said movies such as "Sniper" give the profession a bad name.

"They try to glorify the sniper," Sergeant Johnson said, indicating that 99 percent of the job doesn't involve engaging enemies. "The primary mission of the sharpshooter is gathering information. Those movies glorify the dropping of the hammer and the sending of 115 grains down range. There's nothing glorifying about it. It's a job."

Sergeant Johnson said that a person must be in great physical shape and have a real desire for the job in order to become an Air Force sharpshooter.

"The number one requirement is (that) you have to want to do it," Sergeant Johnson said. "You have to want to do it so bad that you're willing put up with a little pain. You have to have the heart and the will."

"The unit (204th SFS) is very special because it's not geographically adjacent to an Air Force wing," said Maj. Gen. Charles Rodriguez, Adjutant General of Texas. "This makes it possible for them to be a lot more inventive. ... They have a very good track record of taking their own initiative."

Part of what makes the unit special is their sharpshooter capability. It is the only Air National Guard unit with this capability, according to Chief Lindell. Sergeant Johnson added that while there are about 270 sharpshooters in the Air Force, 12 of them reside with the 204th SFS.

"Twelve of 270," Sergeant Johnson said. "That's amazing."

Sergeant Johnson estimated their squadron, which consists of about one sharpshooter for every 10 Airmen, has more sharpshooters than any other Air Force unit in terms of percentage.

"We're a unique organization," said Lt. Col. Scott Elliott, 204th SFS commander. "There is no other organization in DOD (Department of Defense) for us to mirror after."

## COMMUNITY

## COMMUNITY BRIEFS

### FAMILY SUPPORT CENTER 652-5321

**Smooth move seminar**  
The next smooth move seminar is Tuesday from 9-11:15 a.m. at the family support center. Spouses are encouraged to attend.  
To sign up, call 652-3060.

**Salary negotiations workshop**  
The family support center offers a salary negotiations workshop Wednesday from 8-10 a.m.  
To sign up, call 652-5321.

**Driving awareness course**  
The South Texas Safety Council offers a two-part Drug and Alcohol Driving Awareness course Aug. 9 and 15 from 6-9 p.m. and a one-day version Aug. 12 from 8:30 a.m. to 3:30 p.m. at the family support center.  
To register, call 824-8180.

**WIC**  
The Women, Infants and Children satellite office, located in the chapel center, Building 103, is open Aug. 14 from 9 a.m. to 3 p.m.  
For an appointment, call 225-0213.

**Waiting Families Night Out**  
The next Waiting Families Night Out is Aug. 14 from 5:30-7 p.m. at the family support center. The event

includes a free meal and activity.  
To sign up, call 652-5321.

### EDUCATION SERVICES 652-5964

**ERAU**  
Students have until Aug. 22 to register for graduate classes and until Aug. 31 to register for undergraduate distance learning classes.  
For details, call 659-0801.

**St. Mary's University**  
St. Mary's University fall registration runs now through Aug. 15. Base classes begin Aug. 22.  
For course offerings and locations, visit [www.stmarytx.edu/registrar](http://www.stmarytx.edu/registrar) and click on "course schedule."

**Webster University**  
Webster University's fall term begins Aug. 14. Air Force Form 1227 is due two weeks prior to the class start date.  
For more information, call 652-0707.

**Test examiner needed**  
The education center is accepting applications for a test administrator. Applicants must have a bachelor's degree from an accredited college, their U.S. citizenship and strong computer skills. It is a part time, contract position.  
Applicants can submit a resume and

college transcript to:  
12 CONS/LGCA  
Attn: Ricky Harris  
395 B Street West, Building 224  
Randolph AFB, Texas 78150

### CHAPEL SERVICES 652-6121

**Protestant**  
**Sunday** – Traditional worship at 8:30 a.m., Contemporary service at 10 a.m. and Gospel service at 11:30 a.m. all in Chapel 1  
**Monday** – Men's Gospel Service choir from 6:30-10:30 p.m. in Chapel 1  
**Tuesday** – Gospel choir practice at 7 p.m. in Chapel 1  
**Wednesday** – Protestant Women Bible study at 12:15 p.m. in the chapel center; Contemporary Praise Team at 6:15 p.m. in Chapel 1; Protestant Youth of the Chapel Bible study at 7:15 p.m. at 10 Main Circle  
**Catholic**  
**Today** – Eucharistic Adoration after 11:30 a.m. Mass in Chapel 1  
**Saturday** – Catholic Women of the Chapel Center meeting 9:30 a.m. in XXXX; Confession at 4:30 p.m. and Mass at 5:30 p.m. in Chapel 1  
**Sunday** – Mass at 8:30 a.m. and 11:30 a.m. in Chapel 2  
**Monday-Friday** – Rosary at 11:10 a.m. and Mass at 11:30 a.m. in Chapel 1

**Monday** – Baptism class at 10 a.m. in the chapel center  
**Tuesday** – Traditional Choir practice at 6 p.m. in Chapel 2; Cantor practice at 7 p.m. in Chapel 2; Rite of Christian Initiation for Adults meeting at 7 p.m. in the chapel center  
**Ecumenical**  
**Monday** – Wedding briefing at 3 p.m. in the chapel center  
**Wednesday** – Film luncheon at 11 a.m. and 12:15 p.m. in the chapel center

### MOVIES 652-3278

**Today**  
"Superman Returns" (PG-13), 7 p.m.  
Brandon Routh – Superman battles an old enemy and tries to win the heart of his old love, Lois Lane.

**Saturday**  
"Superman Returns" (PG-13), 2 p.m.  
Brandon Routh

"Click" (PG-13), 6 p.m. Adam Sandler – A workaholic finds a universal remote that allows him to pause, rewind and fast-forward through his life.

**Sunday**  
"Click" (PG-13), 6 p.m. Adam Sandler



# Family child care program seeks new providers

By Staff Sgt. Lindsey Maurice  
Wingspread editor

Wanted: Military spouses interested in working in the comfort of their own home, setting their own hours, obtaining free child care training and providing quality in-home child care while spending time with their own children.

This is the job description for a Randolph Family Child Care provider, according to Essie Howard, Randolph FCC Coordinator.

"There are a lot of benefits to being a family child care provider," she said. "But it isn't a job for everyone. It requires lots of patience, good organizational skills and a love for working with children."

To qualify, family members must be at least 18 years old, able to read and speak English, be in good mental and physical health and willing to undergo a comprehensive background check, said Ms. Howard.

Those interested must then take the FCC orientation training which covers such topics as health, safety, CPR, first aid and child development. Once applicants complete orientation, they are licensed by the 12th Mission Support Group commander and ready to set their own hours and fees and begin caring for children on an hourly, part-day or extended basis, said Ms. Howard.

Providers are observed and



Randolph Family Child Care provider Belia Leal plays with her daughter, Mary (right) and those under her care, Keelan Lee (left) and Gabriela Patronis (front) in her base residence Wednesday. (Photo by Staff Sgt. Lindsey Maurice)

debriefed on a monthly basis from an FCC staff member to ensure they are focused on the development and welfare of the children, Ms. Howard added.

Each provider may accept up to six children with no more than two children who are younger than two years old.

"Serving a small number of children and their families can be very beneficial," said Ms. Howard. "It offers the children a head start in achieving good personal relationships. The homes are comfortable environments

where the children can play, eat, sleep and interact with one another."

Some family child care providers begin work as early as 6:30 a.m. and some don't close until after 6 p.m., while other providers offer overnight and weekend care.

"This flexibility offers options to parents who have nontraditional schedules," said Ms. Howard.

Randolph currently has three on-base and seven off-base affiliated FCC providers, caring for a total of 48 children. These children range in age from two weeks to 13 years old.

Belia Leal, who has been a Randolph FCC provider for four years, said she truly enjoys her job. Currently, she cares for two full-time children in addition to her own two. She also cares for children on a part-time basis.

"It's a great opportunity for people wanting to stay home with their children and provide for their family (financially) at the same time," she said. "It's also a great service to base families. I'm very thankful for this opportunity."

Ms. Leal said she's also gained some valuable training through the FCC program.

"While I haven't had time to finish up my early childhood degree, I have received a lot of training and experience through the FCC office," she said. "They've taught me so much."

The next FCC training class is Aug. 21-25 from 9 a.m. to noon at the FCC office, Building 662. Applicants must attend each day session to qualify.

Base housing residents are reminded that they are not allowed to provide child care services on base unless they are licensed by the 12th MSG commander, in accordance with Air Force Instruction 34-276, Family Child Care. Those members providing care without a license may have their housing privileges revoked.

To sign up for the class or for a list of licensed providers, call 652-3668.

## SERVICES

### MISCELLANEOUS

#### Bargain warehouse

The next bargain warehouse is Wednesday from 8-9 a.m. for senior airmen and below and from 10 a.m. to 2 p.m. for all others with valid military ID in Building 1139. Cash and checks are accepted.

#### Special meal

The Rendezvous Dining Facility offers a special meal for families of deployed members Aug. 17 from 5-6:30 p.m.

To sign up, contact your unit first sergeant or Chris Morrow of the family support center at 652-5321 by Aug. 14.

### LIBRARY 652-2617

#### Library orientation

The library offers orientation tours Wednesday for middle and elementary school aged children.

Customers should sign up Aug. 1-8. For more information, call 652-8901.

### YOUTH CENTER 652-2088

#### Youth sports coaches needed

The youth center is seeking volunteer coaches for the following sports: Flag football for children ages 5-6, 7-8 and 9-10. The first coaches meeting is Monday at 6:30 p.m. at the youth center gym, Building 595. Volleyball for children ages 9-10, 11-12 and 13-14. The first coaches meeting is Aug. 14 at 6:30 p.m. at the youth

center gym, Building 595.

For details, call 652-2088 or e-mail [rey.salinas@randolph.af.mil](mailto:rey.salinas@randolph.af.mil).

#### Sports applications

The youth center is currently accepting applications for cheerleading, volleyball, flag and tackle football. Applications are available at the center's front desk.

For more information, call Rey Salinas at 652-2088.

#### Talent contest

The youth center holds auditions for the Randolph Family and Teen Talent Contest Monday through Wednesday from 6-8:30 p.m. at the youth center. Those interested should pick up an application at the youth center.

For more information, call 652-2088.

### Information, Tickets & Travel 652-5640

#### Discount tickets

The information, tickets and travel office has discount tickets available for the following attractions:

- Sea World of San Antonio
- Six Flags
- Schlitterbahn of New Braunfels, South Padre Island and Galveston Island
- Splashtown
- Texas State Aquarium in Corpus Christi, Texas
- Other local attractions including theaters, Natural Bridge Caverns and Malibu Grand Prix.

#### Texas Treasure Casino

The next Texas Treasure Casino trip is Aug. 19. The bus departs at 7 a.m. from the information, tickets and travel office and returns at 9:30 p.m., stopping for meals both ways at the

customers' expense.

The cost of \$35 per person includes round trip transportation, a buffet and live entertainment. Customers must be 21 years old and have a photo ID.

Sign up is at the ITT office, Building 897.

### ENLISTED CLUB 652-3056

#### Bingo extravaganza

The next bingo extravaganzas are Monday and Aug. 21 with \$15,000 in total bingo jackpots. A complimentary buffet is available to players starting at 5 p.m., followed by early bird bingo at 6 p.m.

#### Birthday bingo

The next birthday bingo is Tuesday. Club members celebrating their birthday in August receive one free machine and cake. Military ID and club cards are required.

### OFFICERS' CLUB 652-4864

#### Kids' night out

The officers' club offers a back-to-school home style buffet Aug. 12 from 6-8 p.m. Children ages 12 and under eat free.

Members of both clubs are invited to attend.

### BOWLING CENTER 652-6271

#### Back-to-School Bowling Special

The bowling center offers a back-to-school special Monday through Thursday. Customers can bowl for

\$1.50 per game, per person with an additional \$1.50 shoe rental fee between 10 a.m. and 5 p.m.

#### League bowlers special

All bowlers who have signed up to play in the base's fall and winter leagues can bowl for \$1 a game Aug. 14-17.

### CANYON LAKE 1-800-280-3466

#### Fishing contest

Canyon Lake Recreation Park hosts a fishing contest Aug. 12 from 9 a.m. to 1 p.m. at the fishing pier. Texas Parks and Wildlife fishing requirements apply.

For details, call 1-800-280-3466.

### ARTS and CRAFTS 652-2788

#### Youth classes

The Randolph Arts and Crafts Center offers youth classes Wednesdays from noon to 2 p.m. through August for children ages 6-12.

To sign up, call 652-2788.

### WOOD SKILLS CENTER 652-7422

#### Children's class

The Wood Skills Center's next children's class is Aug.19 from 10 a.m. to noon. During the class, children build an airplane push toy, which requires sanding, staining and assembling. The \$5 cost. Limited space is available.

To sign up, call 652-7422.



# Cancer survivors bike across Iowa, meet hero

By 1st Lt. Kristen Duncan  
96th Air Base Wing Public Affairs

CORALVILLE, Iowa – Tears don't fall lightly from a colonel, especially in front of more than 120 other Airmen. But when Randolph's Col. John Clarke presented Pamela Vineyard a plaque, representing a week-long bike ride across the state of Iowa, the tears were evidence of the inspiring and amazing example of her strength and character.

These attributes were tested, along with 101 other Air Force cyclists and 10,000 others in the Register's Annual Great Bike Ride Across Iowa, or RAGBRAI, a more than 450-mile bike ride spanning a week.

From someone who met her, her story has the ability to awaken even the most dormant emotions. It had been more than 20 years since Colonel Clarke was diagnosed with cancer and more than 20 years that he underwent surgery and radiation therapy. For Pamela, it had only been seven months since she was diagnosed with cancer, for the second time.

They both had the chance of a lifetime Thursday in Newton, Iowa when they were invited to a reception to meet Lance Armstrong, seven-time Tour de France champion cyclist and cancer survivor. The meaningful conversation and rare photo opportunity captured a moment neither says they will forget.

Pamela Vineyard, who is stationed at Hill Air Force Base, Utah, was diagnosed with ovarian cancer in 1999. After three surgeries and being in remission for seven years, she thought she had fought it and won.

Her battle began again Jan. 13, 2006 – Friday the 13th – during her annual check-up.

"The doctor looked at my chart, and when he turned around my heart just sank," she said. "This can not be happening again."

After surgery to remove the tumor, which had wrapped around the bladder, colon and was attached to her uterus, she said she thought she was going to die.

"I knew you could survive a single occurrence; I didn't know that you could treat it the same way it was the first time," she said. "The first diagnosis I thought I was going to lose everything. And then I got mad, I thought no, this is not the end, I'm not going to just throw in the towel and I'm not a quitter. I just thought having a positive attitude and continuing my life as normal as I possibly could was the best way of handling it."

A bike enthusiast, she began riding mountain bikes in 1995 and shortly transitioned to road bikes.

"Cycling has been a passion of mine, it's so therapeutic – I can work through a lot of stuff on my bike and I just decided that as soon as I felt well

*"It was phenomenal to stand next to a man who fought through it, and had it tougher than I did because it spread to all parts of his body."*

Col. John Clarke  
Air Force Personnel Center

enough I'd go out and ride five miles."

And ride five miles she did. Her training was filled with new injuries and pain she hadn't experienced before the chemotherapy, which she just went through from February through April. Her training paid off when she completed all seven days of RAGBRAI.

The race culminated in more than 450 miles of hills and flats that brought out more than 20,000 riders, support personnel and spectators from every state and 15 countries.

Her third RAGBRAI, she said she felt stronger each day and didn't walk her bike up a single hill.

Her athleticism mirrors that of Colonel Clarke, who averages 150 miles a week riding his road bike to work each day to the Air Force Personnel Center.

The colonel was diagnosed with testicular cancer, the same as Lance Armstrong, the day before his 28th birthday. The colonel's doctor told him it was most common in men ages 20 to 40, the target age group for men in the military, which is why it's so important to be aware of the dangers.

"It was very serious and he needed to get me in the hospital right away," he said. Colonel Clarke was treated with surgery and radiation therapy for 30 days.

Twenty-one years later, he led guys half his age up the hills through Iowa alongside the seven-time Tour de France champion and Live Strong Foundation founder.

"It was phenomenal to stand next to a man who fought through it, and he had it a lot tougher than I did because it spread to all parts of his body," the director of personnel data systems said. "But still it's a bond that never goes away, it's the 10th anniversary this year of his diagnosis and it was really a struggle to come back. That first couple of years were really a struggle. He said you always count the anniversaries... it was pretty special."

Now, he performs regular self-exams. He said everyone should understand what to look for and especially contact a doctor if they find anything abnormal.

Both Colonel Clark and Ms. Vineyard stressed the



Air Force cycling team members, Col. John Clarke, Air Force Personnel Center, hugs Pamela Vineyard, stationed out of Hill AFB, Utah, after giving her a plaque and photo of her with Lance Armstrong. The two met Armstrong at a reception in Newton, Iowa, during their ride with the Register's Annual Great Bike Ride Across Iowa, or RAGBRAI, Thursday. (Courtesy photo)

importance of a support network, whether family and friends or the American Cancer Society, the National Cancer Institute, or the Live Strong Foundation. All the organizations have literature and information available online.

"Listen to your body, get your exams, don't smoke, exercise and eat healthy," Ms. Vineyard said.

Both the colonel and Ms. Vineyard said people should tell all their friends and family about the dangers of both types of cancer – women should have yearly exams and men should perform self-exams in addition to seeing their doctor They say it can happen to anybody.

"If it helps one person to realize, 'hey I better call my doctor,' then I will have done a good thing; and if me riding and getting out here inspires anybody, then again that just makes what I went through worth it," she said.

The reception with Lance Armstrong inspired both of the Air Force cycling team's cancer survivors.

"I think that was one of the most amazing events in my life, just to see the man and to be in the same room... he's a hero to all of us and you know that was another thing, when I was lying in the hospital thinking – can I do RAGBRAI? Lance did the Tour, I think I can do RAGBRAI," she said.

# 12 CS celebrates 10-7 softball victory over AFRS

By Staff Sgt. Lindsey Maurice  
Wingspread editor

The 12th Communications Squadron held off the Air Force Recruiting Service in the bottom of the sixth with three straight outs to close out their first intramural softball victory over the Recruiters at 10-7 Monday.

The 12th CS win was highlighted by three two-run doubles from Cary Pannel, Kris Kite and John Stevens in the first and third innings.

"We had to overcome being short a few starters and switch some people around before the game," said Scott McLaughlin, 12th CS softball coach. "But we kept the pressure on and ran the bases aggressively, but smart, and were able to come out ahead."

The communicators opened the game with an early lead as Pannel took to the plate with bases loaded and hit a two RBI single to left field. Kite followed with a two-run double to right center on the next play to extend the lead to 4-0. McLaughlin hit a final RBI single to close out the scoring in the top of the first inning.

With one recruiter out in the bottom of the first, a powerful Mike Johnson came to bat; blasting the ball over the



John Stevens, 12th Communications Squadron, throws the ball to first base after forcing out Air Force Recruiting Services' J.L. Harshbarger in intramural softball action Monday. (Photo by Melissa Peterson)

center field fence for the team's first run of the game. But the Recruiter run was quickly silenced after a strike out and fly ball to 12th CS left center fielder James Olson ended the inning.

After two early outs in the top of the second inning, 12th CS' hopes of extending its lead looked grim. With players on first and second base, Kite left the AFRS left field scurrying

toward the third base line as Jedi Graham made a run for home. Mike Cantu tacked on another run on the next play off of a double to left field, giving them a 7-1 advantage.

Recruiter Brian Huff hit a sacrifice fly to right center for a 7-2 score at the second inning end, before Stevens cancelled it out with an RBI double to right field for a 9-2 communicator lead.

Feeling the pressure of a seven-point deficit and two outs in the bottom of the third, Recruiter Jay Pascal lined one over the center field fence with one on to close the score to 9-4.

Communicator Jupiter Garcia hit in one more run in the top of the fifth for a 10-4 advantage before Johnson netted a two RBI recruiter double off of an infield error.

With time running out and one last inning to turn the game around, AFRS huddled together for one last break. The momentum looked good as batters loaded the bases for Pascal, who hit a sacrifice fly to right center, for a 10-7 score. But the momentum was cut short, two back-to-back outs followed.

The recruiters beat the communicators in their first two games 10-9 and 18-14.



SPORTS BRIEFS

**Base bowling league meeting**

Those base organizations interested in competing in the base bowling league should attend a meeting Monday at 3 p.m. at the bowling center. The league is scheduled to begin Aug. 21.

During the meeting, attendees will determine if this year's league will be intramural or extramural, the size and the cost.

For more information, e-mail Andy Anderson at [Andylate@aol.com](mailto:Andylate@aol.com).

**Pass the baton bike relay**

The fitness center hosts a pass the baton bike relay Aug. 26 at 7 a.m. at Eberle Park. There are no age, male or female categories. The first 40 people to sign up receive a water bottle.

The event is sponsored by Gatorade.

**Men's varsity basketball team**

The fitness center hosts a pre-season men's varsity basketball team meeting Wednesday at 3 p.m. All active duty members, Department of Defense civilians and family members interested in participating are encouraged to attend.

**Basketball coaches wanted**

The men's and women's varsity basketball teams are looking for qualified individuals to coach in the 2007 season. The season runs from October 2006 to March 2007.

Those interested should contact [rick.prado@randolph.af.mil](mailto:rick.prado@randolph.af.mil).

**Rambler 120-Team Challenge**

The 12th Services Division hosts the Rambler 120-Team Challenge Oct. 7 at 7:30 a.m. at the Canyon Lake Randolph Recreation Park.

During the event, teams compete in a 22-mile bike ride, six-mile run and two-mile rafting trip. Participants can choose between two competitive divisions: a five to eight-person division or "Xtreme" four-person team.

Entry forms are available at the fitness center main desk. The cost is \$80 per team, which includes a T-shirt for each member. The entry deadline is Sept. 22.

For more information, call Sharon Rector at 652-6508.

**Senior strength training**

The fitness center offers a senior strength training class Tuesdays from 10-11 a.m. through Sept. 26.

The class covers how to use tubing, weights and low impact aerobics to increase strength, muscle mass and bone density and improve balance.

**Pool activities**

• **Senior splash**

The fitness center offers a low impact water aerobics class for seniors Thursdays through Aug. 31 from 10-11 a.m. at the center pool.

The class is recommended for seniors who need to improve circulation and stamina.

• **Lap swimming**

The south pool offers lap swimming Monday through Friday from 6-8 a.m., 11 a.m. to 1 p.m. and 5-8 p.m.

• **Water aerobics**

The fitness center offers water aerobics classes at the center pool Monday and Wednesday from 10-11 a.m.